

## Touching and perceiving Proprioception



### Activity: Offering weighted bags or sand animals

By moving weighted bags or sand animals of various weights from one place to another the client learns to adjust his muscle power.

### Set-up of the activity

The weighted bags are shaped like animals and filled with sand and can be ordered at [sarkow.nl/product/hulpmiddelen/beluga-zandbeesten](http://sarkow.nl/product/hulpmiddelen/beluga-zandbeesten). You can also make the bags yourself. Fill them, for example, with feathers, stones, rice, dry beans, marbles or polystyrene balls. Also vary the fabrics, such as satin, nylon, corduroy, cotton, smooth and rough. Make sets of two identical bags. Use bright colours for clients who can perceive colour. Make the bags so they differ greatly in weight. For older clients, create bags that are bigger and relatively heavier.

0-2

- Let the client experience the different weights of the bags. Place the bags on the table in front of the client or place various bags on the client's body.
- Play a throwing game by pushing the bags from the table or tray. Let the client listen to the sound of it falling on the floor.
- Together explore the bags through touch and by pressing them.
- Let the client take the bags from your hand and lift them.
- Stimulate the client to put the bags in something and take them out.

2-4

- Offer the client the bags from different sides of the bag. Involve the hearing sense in this.
- Tidy up together with the client; place the bags

in a shallow box or in a deep barrel with a large or small opening.

- Let the client touch the bags and ask what he is feeling.
- Let the client lift the bags and ask whether they are light or heavy.

4-6

- Sort the bags. Let the client group together identical bags or let him place heavy bags in a deep box, for example, and light bags in a shallow box.
- Name the activity: is this bag heavy or light?

### Points for observation and focus

- Observe whether the client correctly adjusts his muscle power when holding light as well as heavy bags.
- Check what he prefers, not only with regard to weight but also with regard to fabric type and/or content.
- In case of very limited hand function, let the client feel the difference in weight by placing the different bags in the palm of the client's hand.

### Alternative materials

- Vary between small plastic bottles that can be lifted with one hand and fill them with different volumes of water. Add a bright colour in the water for clients who can perceive this.
- Vary between plastic bottles filled with different volumes of sand.
- Together collect bottles in a bottle carrier and bring them away.

### Can also be used in the categories

- Tactual exploration (TE)
- Tactual language (TL)